



SWINE FLU FACTS

Europe Regional Medical Command

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What is Swine Flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people. Human and swine flu viruses are different. People who get vaccinated each year for human flu can still get sick from swine flu. Pigs that have been vaccinated for swine flu can still get sick from human flu.

Caused by a VIRUS

Symptoms of swine flu in people are no different from symptoms that people get when they are infected with human flu viruses. Swine influenza A is an infection caused by a VIRUS – NOT a bacteria. Symptoms can range from mild to severe.

- fever
- cough
- sore throat
- body aches
- headache
- chills
- fatigue
- diarrhea and vomiting (*sometime*)

Severe disease with pneumonia, respiratory failure and even death is possible with swine flu infection. Persons with chronic medical conditions are at a higher risk.

Antibiotics are **NOT** effective against this viral infection. Sometimes bacterial infections may occur at the same time and lead to pneumonias, ear infections, or sinus infections.

How Flu Spreads

Thru the Air to your Mouth, Nose or Eyes

Any influenza virus is passed from person to person in respiratory droplets of coughs and sneezes. This can happen when droplets from a cough or sneeze of an infected person are propelled through the air and deposited on the mouth, nose or eyes of people nearby.

Influenza is Spread by Touch, too

Influenza viruses may also be spread when a person touches respiratory droplets on another person or an object and then touches their own mouth or nose (or someone else's mouth or nose) before washing their hands.

Can I get this infection from eating pork?

There is no evidence to show that swine influenza can be transmitted through food. Eating properly handled and cooked pork and pork products is safe. Cooking pork to an internal temperature of 160°F kills bacteria and viruses.

Preventing the Flu: Good Health Habits Can Help Stop the Spread!

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing, or use your sleeve. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs. Use alcohol sanitizer when your hands are not visibly soiled or when you are not near a sink.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

**If you think you have the swine flu, go to
your local clinic for evaluation.**

For More Information

The Centers for Disease Control and Prevention (CDC) Hotline (1-800-CDC-INFO) is available in English and Spanish, 24 hours a day, 7 days a week.

LRMC Infection Prevention and Control
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